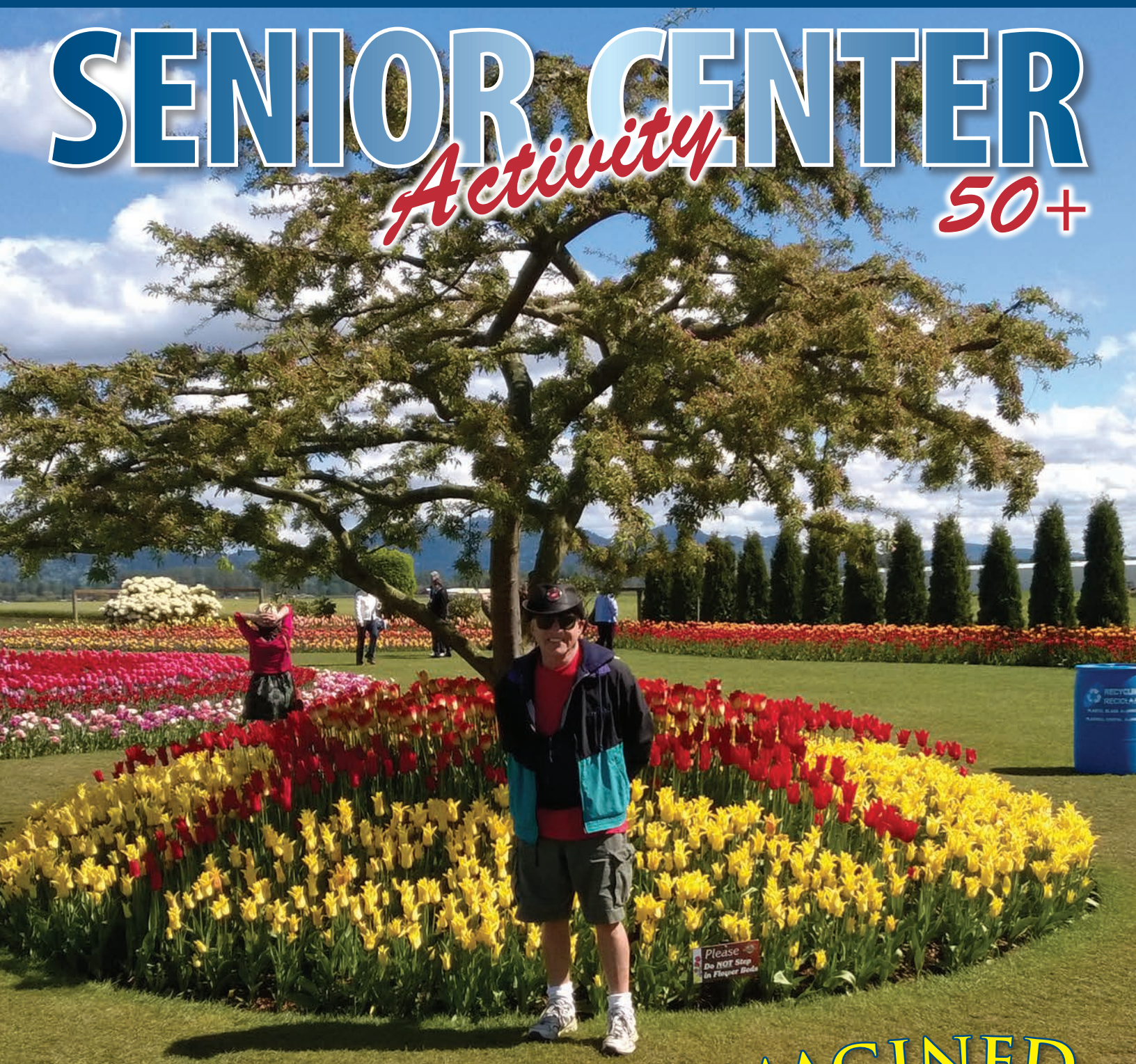


MARCH - APRIL 2016 | PROGRAMS, SERVICES AND ACTIVITIES

SENIOR CENTER

Activity 50+



fun
MORE THAN YOU IMAGINED

Hours: Mon-Fri 8am-5pm | Extended Hours Mon-Thu 5pm-9pm
253-931-3016 | www.auburnwa.gov/seniors

AUBURN
MORE THAN YOU IMAGINED

RUMMAGE SALE



FRIDAY

APRIL 1 9 a.m. - 5 p.m.

SATURDAY

APRIL 2 9 a.m. - 2 p.m.

SHOP

ALL SHOPPERS WELCOME

DONATE

CLEANING HOUSE? DONATE YOUR ITEMS!

VOLUNTEER

AND YOU GET TO SHOP EARLY

DROP OFF DONATIONS BEGINNING MARCH 29 OR CALL 253-931-3016 FOR ITEM PICKUP

Auburn Parks, Arts & Recreation
Senior Activity Center
808 Ninth Street SE
253-931-3016 | www.auburnwa.gov

AUBURN
MORE THAN YOU IMAGINED

MORE ^{fun} THAN YOU IMAGINED

Longer days, budding trees, and birds singing are all signs that spring is in the air. Now is the perfect time to shake off the winter blues by participating at the Center. We have many classes, outings, and programs available to choose from. See page 4-5 for information on upcoming trips and tours and page 8-9 for hikes and walks.

This time of the year also means "spring cleaning". As you clean, remember our annual rummage sale is April 1st and 2nd. We would love to have your donations. Donations will be accepted beginning March 29th. Free pick-up can be scheduled for that week too. See page 10 for more information on the sale and volunteer opportunities available that week.

April 10 - 16 is National Volunteer Week. We are partnering with the Mayors office and the Community Services division to plan a big Community Volunteer Celebration, honoring all Auburn Agencies using Volunteers. See page 11 for complete details.

NEWCOMER GIFT

We love greeting new people. If you are new, welcome! Please check in at the front desk to receive your welcome gift and a tour.

In This Issue:

Cover Photo: Bert

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Auburn Senior Activity Center


808 9th Street SE | Auburn, WA 98002

253-931-3016 | www.auburnwa.gov/seniors

Mon-Fri, 8am-5pm | Evening Hours: Mon-Thu, 5-9pm



Online You're First in Line

www.auburnwa.gov/play 

Online Registration Is Easy!

- Set up your personal account.
- Search for your favorite classes and activities.
- Register online with our secure system.



Convenient

The flexibility to register and pay at your convenience, anytime, from anywhere.



Time-Saving

In less than five minutes, you can setup your account and enroll for your program.



Easy

Three simple steps, and you'll be enrolled in the program of your choice.



Eco-Friendly

You don't have to burn gas driving over to register in person, and it saves paper too.

Trips and tours

Dine Outs: Lunch & Dinner

WILD FIN PT RUSTON - TACOMA

Enjoy fresh fish, seafood and Northwest meats. Price range: \$12-22

Mar 9 **W** **11:30a-2p** **\$7/\$9** **50497**

AQUA-SEATTLE

Named Gayot's Top Ten Seafood Restaurants in America in 2012, and awarded The Washington State Wine Commission's 2015 Restaurant of the Year, AQUA by El Gaucho sparkles at the tip of Pier 70, offering Seattle's best waterfront dining experience. Walls of glass showcase Seattle's finest views of Elliott Bay. AQUA by El Gaucho showcases the dinner-as-theatre philosophy and signature hospitality of El Gaucho. Price Range: \$22-\$89

Mar 23 **W** **4-8p** **\$7/\$9** **50502**

MYSTERY DINNER SEATTLE RESTAURANT WEEK

Seattle Times offers their restaurant week every spring. The dates and restaurants have yet to be published. Once the dates are set we will notify what day we are going. The restaurant will remain a mystery. All participating restaurants will be offering the discounted 3-course menu. Last year it was \$30 for 3 courses.

TBA **TBA** **4-8p** **\$7/\$9** **50504**

ASADO - TACOMA

Voted Western Washington's best Latin American restaurant 6 years in a row, this is sure not to disappoint! Price Range: \$15-\$30

Apr 20 **W** **11:15a-2:45p** **\$7/\$9** **50501**

Senior Van Trips

HOLOCAUST MUSEUM-SEATTLE

"Anne Frank: A History for Today" presents a history of the Holocaust through the life story of Anne Frank. After museum enjoy lunch on your own at a Seattle Restaurant.

Mar 16 **W** **9a-2:30p** **\$19/\$22** **50498**

TACOMA ART AND GLASS MUSEUM

We still start our day with a docent led tour of the Painted Journeys: The Art of John Mix Stanley exhibit. He is known for being an incredible artist-explorer who brilliantly captured the West. You will have some time to explore the Art Museum on your own too. We will have an independent lunch at the Harmon Brewery. After lunch we will head to the Glass Museum for a tour. Fee includes the tours and transportation. Lunch is on your own.

Mar 18 **F** **9:30a-4:00p** **\$38/\$42** **50525**

WHALE WATCHING

In early spring the Puget Sound plays host to a group of gray whales that come to feed on their migration to Alaska. While on this migratory pattern they stop by the plentiful waters of Puget Sound to feast on the bounty of the Salish Sea. They particularly like the murky and muddy waters off the south end of Whidbey Island around Everett and Camano Island. It is here where we will spend time on the water to witness their presence. Prior to boarding the boat, we will have an independent lunch at Arnie's on the Edmonds waterfront. Fee includes tour and transportation

Mar 29 **T** **10:30a-4:30p** **\$89/\$94** **50004**

Items to Note:

- Please arrive 15 minutes prior to the trip departure time. All trips depart on time, drivers will not wait for latecomers.
- All efforts will be made to accommodate everyone desiring to participate in a trip. If a trip is full, please put your name on the waiting list to assist the staff in determining whether there is sufficient interest to warrant an additional van or trip.
- Individuals taking trips or tours with the Senior Center need to complete a confidential form, which includes health insurance information, emergency contacts, medications taken, etc. Forms are sent with the escort on each trip so if there is a medical emergency, we can act effectively on your behalf.
- Those needing special assistance on any trip need to see staff regarding handicapped accessibility.

TIME FOR TULIPS

Mother Nature can be a little unpredictable but we're hoping it cooperates this year. We'll first explore historic LaConner before heading to the ever popular Kiwanis Salmon Lunch. We've enjoyed this fundraiser for several years and no one has ever walked away unfulfilled. The afternoon will be spent visiting a couple of tulip fields. Fee includes transportation, admission and lunch.

Apr 18 M 8:15a-5p \$30/\$34 50521

CAPITAL TOUR-OLYMPIA

Come along as we take a guided tour of the Washington State Capital Building and Governor's Mansion. Lunch will be on your own at a local Olympia restaurant.

Apr 13 W 9a-4p \$13/\$16 50499

PLANTS, FLOWERS & MORE

This year we will be heading north to Flower World, Molbaks and at least one more nursery. We will have lunch at the Maltby Cafe. Fee includes transportation.

APR 27 W 9:15a- 4p \$12/\$15 50542

CEDAR CREEK GRIST MILL & HULDA KLAGER LILAC GARDEN

At the Cedar Creek Grist Mill we will receive a "Working Tour" of how this mill still works today. Huge pulleys and belts spinning above and below are turning and churning to produce flour, corn meal and even apple cider. These samples are given to the visitors for take home and a first hand experience of the products. No gas or electricity are used, simply mother nature's water power. For lunch we will head to the Oak Tree Restaurant. After lunch we will visit the Hulda Klager Lilac Garden for a self guided tour. Fee includes tours and transportation. Lunch is on your own.

May 3 T 8a-6:30p \$20/\$24 50526

Cultural Corner**SHEN YUN - SEATTLE TRIP**

Join the Auburn Senior Activity Center for a trip to Seattle to experience Shen Yun at McCaw Hall. Shen Yun will take you on a journey to a time when emperors ruled dynasties, heroes became legends, and the world was full of magic and miracles. Banned by the Communist Party in China this show has become an international sensation. Fee includes ticket and transportation. We will have an independent lunch prior to the show.

Apr 8 F 4-11p \$115/\$120 50538

Apr 9 (Full) Sa 10:30a-5:30p \$115/\$120 50356

Outdoor Adventures

Outdoor Adventures are not handicap accessible

SEGWAY SEATTLE TOUR

Ever wanted to try a Segway? Experience the fun, excitement and beauty that is Seattle. Follow experienced guides as they weave through the rich history of Pioneer Square and the Gateway to Alaska on thrilling, futuristic Segway's. Experience the front line of modern art and transportation as we pass the Sculpture Park and explore the City Center from Space Needle to the musical International Fountain. Enjoy lush parks and blossoming flowers as we smell our way through Pike's Market, before we glide through the rich architecture and soaring cityscapes of Downtown and the International District. Fee includes transportation and tour. A late independent lunch on the waterfront will follow the tour.

Apr 28 Th 10:30 AM-4:30 PM \$110/\$115 50500

**SEGWAY TOUR**

Red Hat Society: **Auburn Mad Hatters**

BLACK DIAMOND BAKERY AND MUSEUM*

Thursday March 3

Depart Senior Center 11AM

\$4 for Transportation, lunch on your own

Enjoy an independent lunch at the Black Diamond Bakery followed by a tour of the town's history museum.

*Note: The Senior Savers Food Pantry opens at 9am March 3. Come a little early and check out the discounted food that is for sale. There are great deals on all types of cheeses, spices, nuts and dried goods.

FREIGHT HOUSE SQUARE TEA HOUSE - TACOMA

Monday April 18

Depart Senior Center 10:30AM

\$5 for Transportation, lunch on your own

Put on your Red Hat and lunch in style at the Olive Branch Cafe and Tea Room located in Freight House Square. There will also be time to explore the many shops in the area.

In order to arrange for transportation and lunch reservations, all outings require RSVP. Please call Jerry Merriman and advise if you are attending or not. 253 752-6700 or jmerriman5@q.com



9- Day Hawaiian Tour

2 Days in Honolulu

7-Day Cruise aboard NCL Pride of America

Highlights:

- Enjoy Island time during the day and cruising at night
- Freestyle Cruising
- Roundtrip airfare on Alaska Airlines



Norwegian Cruise Lines

Pricing based on double occupancy

Inside Stateroom.....	\$2890
Obstructed Ocean View Stateroom	\$3190
Balcony	\$3720

Unobstructed Ocean View Stateroom available, price quoted on request

Price includes all transfers, all taxes and fees.

Gratuities of \$90.65 for cruise will be due at the end of the cruise.

Deposit due on the day of registration

\$575, balance due by June 22, 2016

Insurance per person

\$179 for Inside or Obstructed View

\$229 for Balcony or Unobstructed View

October 27- November 5 2016

Victoria Overnighter

May 10-11

Highlights:

- Roundtrip transportation on the Clipper
- Tour of Butchart Gardens
- City Bus Tour
- One night Stay at Embassy Inn
- Complimentary Breakfast
- Royal BC Museum Tour
- Free Time for Shopping, Touring, or Afternoon Tea

*Must have Passport or Enhanced License before Travel Date



Per Person Rates:

Double:\$380 Single:\$430

Full Payment due at time of Registration

Pool Tables

Open Pool Room: Monday-Friday

Except for Wednesday afternoons and Monday and Tuesday evenings during tournaments. There is always hot competition in the pool room. Come and join the fun – all players are welcome.

Daytime Pool Tournaments

Tournaments have priority on all three tables.

Because of the popularity of tournaments, they often last several hours.

If you plan to participate, please be prompt.

Wednesday Pool Tournaments

Men's 8 Ball, 9 Ball and Scotch Doubles are run Wednesday's. Please check the pool room for the schedule. \$1 donation suggested for refreshments (sign up in Pool Room by 1:45 p.m.)

Evening Pool Tournaments

Mondays: Straight Pool 6-9 pm
(sign up in the Pool Room by 5:45 p.m.)

Tuesdays: Ladies Pool 6-9 pm
(sign up in the Pool Room by 5:45 p.m.)

Table Tennis

Players of all abilities are welcome to play this entertaining game on Tuesday afternoons.

Tuesdays, 2-4:30 p.m., Free

Golf

Join us for a weekly round of golf at the Auburn Golf Course. In this recreational senior league, fun is the name of the game. Register for the league at the Senior Center. Greens Fees are payable at the golf course and the rates are as follows:

Monday

9-holes, \$15 walking, \$23 riding, 18-holes, \$27 walking, \$39 riding

Thursdays

9-hole \$12 walking, \$17 riding.

An informational meeting will be held at the Senior Center on Thursday April 28 at 10 a.m.

May 2-Sep 26 M 7:50 a \$10/\$13 #50540

May 5-Sep 29 Th 12:45p \$10/\$13 #50540

Gymnasium at Les Gove Park

Open Gym Schedule

The Gymnasium at Les Gove Park is adjacent to the Senior Center. Entrance to the gym is through the street side door.

Senior Volleyball:

Tuesday & Thursday: 9:30 -11:30 a.m.

Volleyball & Basketball:

Tuesday & Thursday: 11:30 a.m. - 1 p.m.

Pickleball:

Monday & Wednesday: 12 - 1:30 p.m.

Fees: \$2 Drop-in; \$10 Monthly Pass; \$25 Quarterly Pass

Free Swims at the YMCA

The Auburn YMCA, located at 1620 Perimeter Road SW, offers free swimming opportunities to City of Auburn residents.

PROGRAM	DAYS	TIME	POOL
FAMILY SWIM	SUN	5-6 P.M.	BOTH POOLS
LAP SWIM	T & TH	8-9 A.M.	THREE LANES
WATER AEROBICS	T & TH	9-10 A.M.	LIMIT 20



Hikes and walks



Hikes

PACK FOREST/HUGO PEAK

MILES: 6 RATING 2+ TO 3

Hikers will proceed up the 1000 Loop to the intersection with the 2000 Loop. The road surface offers fairly even footing. Following a brief loop through the old growth Trail of the Giants hikers will continue uphill to the Hugo Peak overlook for lunch. The group will choose between two return options: retracing their steps along the 1000 Loop or following the Hugo Peak Trail, a shorter route with beautiful vistas of the Nisqually Valley but more precarious footing. The elevation change is 950 feet.

Mar 4 F 9a-3:30p \$10/\$13 50390

TOLMIE STATE PARK & NISQUALLY DELTA

MILES: 7 RATING: 2+

Hikers will start with a 2 mile hilly forested loop trail at Tolmie State Park located off the western mouth of the Nisqually Delta. The wooded trails climb up hill through mixed forest. There is a chance to see colonies of trillium and emerging skunk cabbage. Boardwalks span wetlands although there may be plenty of mud. Weather permitting hikers will eat on logs at Sandy Point. Then a short van trip will take them to walk the Nisqually Delta boardwalk. The delta restoration project offers hikers an opportunity to see Mother Nature at work. This part of the hike starts on the ground then shifts to an excellent boardwalk. Looking down hikers will view mud flats and tidal areas opened to the sound by the removal of century-old dikes. Looking up and around hikers will see grand vistas of the South Sound and Mount Rainier as well as a variety of bird life.

Mar 11 F 9a-3:30p \$10/\$13 50391

REDMOND WATERSHED **MILES: 5 RATING: 2**

The Redmond Watershed is a result of the 1989 Open Space laws passed by voters. This property had been considered for a variety of commercial ventures prior to that time. Now hikers can enjoy a variety of trails through mixed forest and wetlands. A portion of the hike may be on the PSE gas line right of way.

Mar 25 F 9a-3:30p \$10/\$13 50394

ARBORETUM TO VOLUNTEER PARK

MILES: 5 RATING: 3

This trail explores several parks and neighborhoods from the Arboretum to Volunteer Park and back. The figure eight layout provides maximum variety. Sidewalks, trails through ravines and many sets of stairs make up this hike. Beautiful vistas of mountains, lake, and bay plus close up views of historic mansions are available at every turn. The hike will pass by the Grand Army of the Republic Cemetery and skirt the Lakeview Cemetery, last home of many important Seattle figures from the past. There is an elevation gain of 680 feet.

Apr 15 F 9a-3:30p \$10/\$13 50395

COUGAR MT

MILES: 6 RATING 3

This figure eight hike will begin at the Anti-Aircraft Site on Cougar Mountain. Hikers will follow trails that loop past Coal Creek Falls, lunch at the Nike Site, and loop back to the trailhead. Trails meander through mixed forest and wetlands. Hikers need to be prepared for exposed roots and rocks as well as muddy patches. The elevation change will be around 700 feet.

Apr 22 F 9a-3:30p \$10/\$13 50396

MARGARET'S WAY

MILES: 7.5 RATING: 4

This recently constructed trail leads from Hwy 900 up the west side of Squak Mountain. The total distance and 1500 feet of elevation gain make this an excellent hike for those preparing for mountain hikes. The uphill begins at the parking lot and continues to the spectacular view point lunch spot. The trail traverses the face of the mountain with some compact switchbacks thrown in. Footing is generally good with exposed roots and a few very muddy spots. The trail is narrow in places. Poles are recommended and will be helpful both up and down. Due to the length of the hike lunch will be about 1 p.m. so pack a generous accessible snack and adequate water. This trail is worth the effort.

Apr 29 F 9a-4p \$10/\$13 50397

WALLACE FALLS

MILES: 6.5 RATING: 4

This challenging hike is listed as one of the top ten waterfall hikes in the Northwest. There are several turn around options that will determine the length and rating of the hike. The goal is to reach the valley view overlook at the top of the falls viewed from Highway 2 with an elevation change of 1350 feet. Hikers will follow the Woody Trail on the way out and return on the more regular Railroad Grade for the return. There are many exposed roots and rocks along the trail. Trail work has evened out some of the big steps on the upper reaches of the trail. NOTE: We will drive home the back way to avoid Hwy 405 traffic.

May 6 F 8:30a-5p \$10/\$13 50398



Walks

SAMMAMISH RIVER TRAIL

MILES: 3

This paved trail follows the Sammamish Slough for miles connecting with the Burke Gillman Trail. The walk will begin at Marymoor Park and sample just one section of the trail.

Mar 8 **T** **9:30a-2p** **\$8/\$10** **50386**

ALKI BEACH

MILES: 3

The walk along Alki Beach offers spectacular views of Puget Sound, Olympic Mountains, and the Seattle skyline. Walkers can brown bag along the waterfront or enjoy one of several restaurants in the neighborhood.

Mar 22 **T** **9:30a-2p** **\$8/\$10** **50387**

NISQUALLY DELTA

MILES: 3

Walk the new board walk and check out the restoration of the delta. The dikes have been removed allowing the free flow of tidal action. There will be opportunity to view wild-life and see the progress of this restoration project.

Apr 12 **T** **9:30a-2p** **\$8/\$10** **50388**

MAGNUSON PARK

MILES: 3

Formerly Sand Point Naval Station this park offers miles of trails. The terrain is generally flat with some trails paved. Lake-front, wetlands, and meadows offer a variety of experiences for walkers. The park also features a great dog park and a thriving pea patch garden. Portions of the trail can be muddy with exposed roots. There is a lunch out opportunity at the nearby Metropolitan Market deli offering both hot and cold options.

Apr 26 **T** **9:30a-2p** **\$8/\$10** **50389**



First Timer?

New to the Hiking/Walking Program?

Destinations vary throughout the year. Hikes range from 4-8 miles; walks are up to 3 miles. If you are new to walks and hikes with the Auburn Senior Activity Center, please pick up a Hiking/Walking Manual from the front desk or online on our senior website, for full details about what to expect. Also, please bring water, a sack lunch (unless otherwise noted) and be prepared to stop for a snack on our return trip home.



Hike Ratings

- 1** Paved and/or smooth trail surface; no significant hills; no more than 5 miles.
- 2** Moderate; sometimes paved; some hills; may be over 5 miles.
- 3** Some difficult terrain; substantial hills and/or steps; elevation gain under 1,200 feet. Walkers with health problems should use caution.
- 4** Difficult; steep hills; may be poorly maintained or very irregular; over 1,200 feet elevation gain; may be over 5 miles. Walkers with health problems should use caution.

Special events



Rummage Sale

Friday April 1 9a-5p

Saturday April 2 9a- 2p

Donations drop off begins Tuesday
March 29.

Volunteers needed. Please sign up
at front desk.

Coming Soon!

Mothers Day Lunch
May 6

Celebration of Aging
May 20

Fishing Derby
June 4

Fathers Day Lunch
June 10

Special Luncheons

BIRTHDAY & ANNIVERSARY CELEBRATIONS

Are you celebrating a birthday or anniversary? We invite you to be seated, with your guests, at a special table where you will be treated to cake and ice cream and a special party favor. Couples celebrating 50 or more years of marriage will be treated to a free lunch. Sign up at the front desk to reserve your seat. When you sign up, let us know if you will have guests and how many. We will have flowers for our age 50 or over birthday celebrants and we will have roses for senior couples celebrating their anniversary, so be sure to tell us if you qualify.

Thursday, March 10 at 11:30 a.m.

Thursday, April 21 at 11:30 a.m.

\$3 suggested donation; \$6 for those under 60.

Sponsored By:



Canterbury House

ST. PATRICKS DAY LUNCHEON

Enjoy a traditional Irish feast featuring corned beef and cabbage while enjoying entertainment. Pre-purchase ticket at the front desk. Cost: \$3 suggested donation. Under 60: \$6

MAR 17 Th 11:30A 50528

EASTER LUNCHEON

Celebrate the arrival of spring at our annual Easter luncheon and spring egg hunt. Pre-purchase ticket at the front desk.

Cost: \$3 suggested donation. Under 60 – \$6.

MAR 24 TH 11:30A 50529



Special Events



SENIOR VS STAFF POOL GAME

It is time for our annual challenge- the Parks Department Staff will play the Seniors in pool. Come cheer on the staff, we need all the help we can get.

March 8 T 1-3p

WELLNESS RAFFLE

In an effort to raise money for the Wellness Program, The Senior Wellness team is sponsoring a raffle with the proceeds going to the Auburn Respite Program. Plan now to win a filled basket of fun. Tickets are \$1.00 each. You need not be present to win. Winner will be drawn April 14th at the Community Volunteer Celebration at the Auburn Golf Course. Buy a ticket and support the Respite Program.

Speaker Series- *NEW*

50+ NAVIGATING THE ROAD SPEAKER SERIES

Join us for our new free drop-in seminar series as we learn to navigate the road of services together. Each month will feature a speaker who is an expert in senior support services.

SENIOR RIGHTS ASSISTANCE PROGRAM- ESTATE PLANNING INFORMATION

Please join us as Guest Speaker Diana Paris, an SRA volunteer, provides guidance and information in the following areas: wills, power of attorney, living will, living trust, community property agreements, and/or probate. Don't miss the first event in our new speaker series!

April 5 T 7-8:30p Free

MEALS ON WHEELS

Outreach Specialist Dale Hoover joins us to discuss Meals on Wheels and how to get involved with the program. Whether looking to volunteer and give back to the community or seeking some additional help for you or a loved one, this will be a great night.

May 3 T 7-8:30p Free

Coffee Hour with the Mayor and Councilmembers

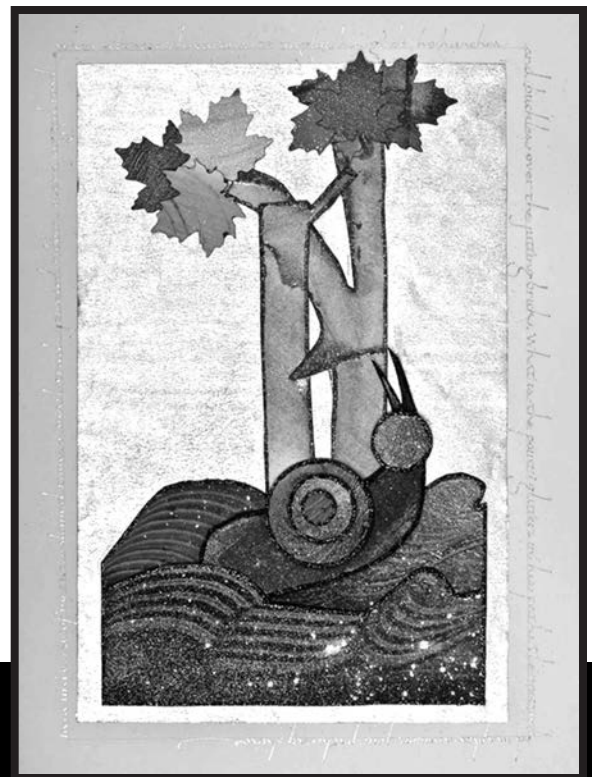
The Auburn community is growing and changing daily. To help keep you up-to-date and informed on issues, join us at a monthly coffee hour featuring specific Council members or the Mayor as the speakers. Topics include committees, upcoming projects, or Auburn's role in King and Pierce Counties. This is your opportunity to speak directly to your elected officials. Coffee and cookies will be served.

Thursday March 10 10-11 am

Council Members Bill Pelozza & Rich Wagner

Thursday April 14 10-11 am

Mayor Nancy Backus & Council Member Bob Baggett



CHERYL SALLEE ART GALLERY

**February 25 -April 28
Pattie Baker**



Classes and workshops

Fitness

SILVER SNEAKERS - HEALTHWAYS MEMBERSHIP

The Auburn Senior Activity Center is a Silver Sneakers site. This gives adults 65+ on Medicare with the following supplemental health plans: AARP Medicare Complete by United Healthcare, Asuris NW Health, Group Health, Health Alliance Medicare, Humana, Premera Blue Cross, Providence Health Plan, Regence Blue Shield of Washington and Soundpath Health, access to the following classes at the Senior Center for no cost. Silver Sneakers classes are available to all people age 50+ for a fee.

SILVER SNEAKERS – HEALTHWAYS MEMBER 2016 - 50192

SILVER SNEAKERS CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support. No class on March 30, April 1, May 20 and 30

Mar 2- 28	M,W,F	2:30-3:30p	\$26/\$33	50206
Apr 1-29	M,W,F	2:30-3:30p	\$26/\$33	50527
May 2-27	M,W,F	2:30-3:30p	\$26/\$33	50532

How to Read Class Information

AARP Driver Safety ← Class name

This nationally acclaimed course provides senior-aged drivers an opportunity to learn how to drive more efficiently and safely. ← Description

Jan 6-Apr 21 **T,W** **10a-3p** **\$68/\$85** **#31810**

↓
Date(s)

↓
Class Day(s)

↓
Class Time

↓
Auburn Resident/Non-Resident Fee

Please Note!

All program instructors hired by the Auburn Senior Activity Center are independent contractors and the responsibility for the curriculum of the class rests with the instructor.





HATHA YOGA

A great way to relax and unwind from your day. In this class you will flow through poses using breathing techniques and meditation. Adapting each pose to your needs while developing strength, mobility and body awareness. Bring a yoga mat, water, a towel and any yoga props you own including blocks and a strap.

Instructor: Erin Finney

Mar 30-May 4	W	6:15-7:30p	\$55/\$65	50452
May 11-Jun 15	W	6:15-7:30p	\$55/\$65	50453
Jun 22-Jul 27	W	6:15-7:30p	\$55/\$65	50454

INTRODUCTION TO TAI CHI

Tai Chi students enjoy both mental and physical benefits including strengthening, flexibility and coordination. Students learn gentle exercises and the practice of individual movements. Instructor: Bortleson.

Mar 31-Apr 28	Th	7:30-8:30p	\$39/\$49	50475
May 26-Jun 23	Th	7:30-8:30p	\$39/\$49	50476

INTERMEDIATE TAI CHI

Students will start with gentle exercises and practice refining individual movements learned in the introduction class and gradually work into more advanced movements. Prerequisite: Introduction Tai Chi or permission of instructor. Instructor: Bortleson.

Mar 31-Apr 28	Th	6:15-7:15p	\$39/\$49	50479
May 26-Jun 23	Th	6:15-7:15p	\$39/\$49	50480

Dance

BELLYDANCE

Middle Eastern bellydance is a low impact form of dance appropriate for all ages and body types and backgrounds. Learn the history, basic movements, isolation techniques and more. All shapes, body types and genders welcome. Come with a willingness to learn, laugh, have fun and make new friends. Second session will be a performance class, meaning at the last class participants will perform for invited friends and family. Participation in the performance is optional. Instructors Nona & Kiara. Location: Senior Center

Feb 24-Mar 30	W	6-7p	\$45/\$57	44134
Apr 13-May 18	W	7-8p	\$45/\$57	50088
Jun 1-Jul 6	W	7-8p	\$45/\$57	50089
Jul 20-Aug 24	W	7-8p	\$45/\$57	50090

LINE DANCING

Learn the joys of Line Dancing with Janie Redick. You will get some great exercise while having lots of fun. Wear lightweight comfortable clothes and leather soled-shoes(or shoes that are conducive to dancing). A water bottle is a good idea. Punch card can be carried over from one month to the next. No Class on March 31 and May 19. Instructor: Janie Redick

Mar 3-24	TH	2-4p	50078
Apr 7-28	TH	2-4p	50530
May 5-26	TH	2-4p	50531

Fee: 5 Visits \$26/\$33; 10 Visits \$47/\$59

MUSIC AND DANCING

Join us for great music and dancing.

Country Fever is here on the 2nd and 4th Wednesday of the month from 10-11:30 am.

3 Shades of Gray will be playing on the 3rd Wednesday of the month from 10:30-11:30am.



Classes and workshops

City of Auburn | Auburn Senior Activity Center

Computers

Computer Use

The computer lab at the Senior Center is available for drop-in use. Computer time is limited to 120 minutes per day. Please see the front desk for a code to use the computers. Headphones are located at each computer.

Open Hours **Monday-Thursday: 8 a.m. - 9 p.m.**
Friday: 8 a.m. - 5 p.m.

Computer Tutoring

Do you have specific questions about how to use the Internet, Microsoft Word® or Excel®? Or have general questions about computers? Come drop by our open computer labs with tutor times? Do you have no computer experience and would like to learn how to use one? Then please see our Tutor on Thursdays.

Open Lab with Tutor (Subject to Change)

Mondays: 1:30-3:30 p.m. | Tuesdays: 12-2 p.m.

Wednesdays: 1-3 p.m. | Thursdays 10:30 a.m.-3 p.m.

Fridays: 10 a.m.-12 p.m.

DROP IN COMPUTER CLASS

Sandre will be here once a month for a drop in computer class. Topics will be student driven.

March 9 5-7 pm

April 13 5-7 pm

IPAD TUTORING

If you have an Ipad and want to learn how to use it a little better bring it in between 10 -11a on the 1st and 3rd Wednesday and one of our tutors will help you. Starts November 4.

1st and 3rd Wednesday 10-11a

Need help Registering Online?

If want to learn how to register for classes or trips online, please see Sandre on Thursday from 10:30-3 in computer lab. She will also be in the lab on the first day of registration at 8 am.

Printing Fee

There is a fee to use the printer. You can purchase a printing card worth \$2.50 or \$5, or you can pay 10 cents per sheet, at the front desk for your printing convenience.

If you plan on downloading, creating or changing files of any type please bring a removable storage device, such as a disk or USB drive. **No personal files can be stored on our computers.** For your convenience CDs are for sale for \$1 each at the front desk.

Did You Know?

The King County Library in Auburn offers Computer Classes and up to 75 pages of free printing per week. Call 253-931-3018 for more information.

Academic

AARP DRIVER SAFETY

This nationally acclaimed course provides senior-aged drivers an opportunity to learn how to drive more efficiently and safely. Supported by the State, a reduction in auto insurance rates is mandated for individuals completing the course. Payment of \$20 is required the first day of class. AARP members will receive a \$5 discount if they have their membership card with the number. Make check payable to AARP.

Mar 28-Mar 29 M-T 8:30 AM-12:30 PM 50522

Apr 25-Apr 26 M-T 8:30 AM-12:30 PM 50523

May 23-May 24 M-T 8:30 AM-12:30 PM 50524

WRITING YOUR MEMOIRS: GETTING STARTED*

This class will teach the basics of getting started writing your Memoir. You will brainstorm memoir topics, read memoir examples, write every class and share your work with others for feedback and critique. At the end of the class you will have a completed Memoir story. Instructor: Lori Cain * Pre-registration is required.

Mar 24- Apr 28 Th 3-4:30 Free* 50544

DROP IN BIBLE STUDY **NEW**

This non-denominational group is open to all individuals who wish to learn more about the Bible. The group is being led by Ole Olander from Grace Church. 2nd & 4th Tuesday

March 8 & 22 April 12 & 26 10-11:30a Free



50+ NAVIGATING THE ROAD SPEAKER SERIES **NEW**

Join us for our new free drop-in seminar series as we learn to navigate the road of services together. Each month will feature a speaker who is an expert in senior support services. See below for upcoming schedule.

SENIOR RIGHTS ASSISTANCE PROGRAM- ESTATE PLANNING INFORMATION

Please join us as Guest Speaker Diana Paris, an SRA volunteer, provides guidance and information in the following areas: wills, power of attorney, living will, living trust, community property agreements, and/or probate. Don't miss the first event in our new speaker series!

April 5 T 7-8:30p Free

MEALS ON WHEELS

Outreach Specialist Dale Hoover joins us to discuss Meals on Wheels and how to get involved with the program. Whether looking to volunteer and give back to the community or seeking some additional help for you or a loved one, this will be a great night.

May 3 T 7-8:30p Free

Spanish Study Group

Do you speak Spanish? Then we have a group for you. This group is meant for individuals who are interested in enhancing their language skills. Open to serious Spanish enthusiast who speak at an intermediate level. There is no charge to participate in the group.

Facilitator: Ron Kusunose.

Thursdays, 10 a.m.-12 noon

Book Club: Auburn Senior Readers & Friends

Join our monthly book club. All are welcome.

1st Tuesday of every month 10 a.m. - 12 noon

Tuesday, March 1

"Sweet Thunder" by Ivan Doig.

Tuesday, April 5

"Still Alice" by Lisa Genova.

Tuesday, May 3

"Remains of Innocence" by J. A. Jance.

Art**ACRYLICS**

Take a journey with acrylics on the road to creativity. You will be guided in a fun class through the basics of this very versatile medium to achieve your goal of creating beautiful works of art. With 30 plus years of experience, Mary Wolfe will be your guide through the basics in a fun and lively class. There is an optional \$45 you can pay the instructor and she will provide art supplies for the duration of the session. Instructor: Wolfe

Mar 9-Apr 13 W 9a-12p \$36/\$45 44153

Apr 20-May 25 W 9a-12p \$36/\$45 50374

Jun 1-Jul 6 W 9a-12p \$36/\$45 50375

WATERCOLOR

Come experience the joy and beauty of watercolor painting. Learn traditional and experimental watercolor techniques and application. Class includes demonstration, individual assistance, discussion and critique. Instructor continually introduces new methods and projects to expand student's knowledge for watercolor painting, while developing ones own style. Beginners - Intermediate. Supply list provided upon registration. Instructor: Iwasaki.

Mar 23-Apr 27 W 1-3p \$47/\$59 44151

Mar 23-Apr 27 W 6:30-8:30p \$47/\$59 44150

May 11-Jun 15 W 1-3p \$47/\$59 50382

May 11-Jun 15 W 6:30-8:30p \$47/\$59 50378

INTRODUCTION TO KNITTING

Students will learn how to knit, cast on, bind off, purl and a few other beginning techniques so that you can tackle many patterns in this fun and relaxed class. You will also learn how to shop for yarn and understand patterns.

Instructor: Reeves.

March 3-31 Th 6-8p \$44/\$55 44310

Apr 7-Apr 28 Th 6-8p \$45/\$55 50445

May 5-May 26 Th 6-8p \$45/\$55 50447

Jun 2-Jun 23 Th 6-8p \$45/\$55 50448

INTERMEDIATE KNITTING

Students will learn how to knit, cast on, bind off, purl and a few other beginning techniques so that you can tackle many patterns in this fun and relaxed class. You will also learn how to shop for yarn and understand patterns.

Instructor: Reeves.

March 3-31 Th 6-8p \$44/\$55 44313

Apr 7-Apr 28 Th 6-8p \$45/\$55 50449

May 5-May 26 Th 6-8p \$45/\$55 50450

Jun 2-Jun 23 Th 6-8p \$45/\$55 50451

ZENTANGLE

Zentangle is not only a way of creating beautiful pieces of art, but studies show that this type of activity increases mental retention, stimulates creativity, improves one's mood, and can be calming during stressful situations. Zentangle teaches self-confidence and improves hand-eye coordination. You do not need to know how to draw because Zentangle will teach you. It does not require a lot of equipment, space, or technical ability. It can be taken everywhere and done anywhere. No previous artistic ability is needed. Basic supplies will be furnished. Please sign up by March 3rd.

March 7-21 M 9-11a Free 50537



Daytime at a glance

FREE DAYTIME ACTIVITIES

Mah Jongg(Wright Patterson AFB Rules)*

Mondays: 10 a.m. - 2 p.m.

Scrabble®*

Mondays: 1-4:30 p.m.
Fridays: 1-4:30 p.m.

Canasta

Tuesdays: 9:30-11:30 a.m.

Cribbage

Wednesdays: 9:30-11:30 a.m.

Bible Study

1st & 3rd Tuesday 10-11:30 a.m.

Bingo

1st & 3rd Tuesdays: 12:45-2:30 p.m.
Sponsored by Brannan Park Retirement

Table Tennis*

Tuesdays: 2-4:30 p.m.

Computer Tutor

Mondays: 1:30-3:30 p.m.
Tuesdays: 12-2 p.m.
Wednesdays: 1-3 p.m.
Thursdays: 10:30 a.m.-3 p.m.
Fridays: 10 a.m.-12 noon

Music & Dancing* *(see page 13 for details)*

2nd & 4th Wednesday: 10-11:30 a.m.

Pinochle Parties*

Tuesdays: 12:45-3:30 p.m.
Thursdays: 12:45-3:30 p.m.

Contract Bridge*

Fridays: 10 a.m. - 12:30 p.m.

Monthly Book Club

(see page 15 for book choices)
1st Tuesday: 10 a.m.-12 noon

Free Movies*

Wednesdays: 1 p.m. & 4:30 p.m.

Pool

The Pool Room is open Monday-Friday for drop-in play;
Wednesday Tournaments 12:45 p.m.

*** Please see calendar for dates that are unavailable.**

Gone to the Movies

Wednesdays: 1 p.m. & 4:30 p.m.

The Senior Activity Center is licensed to show free movies. Please join us for movies recently released to DVD and an occasional classic. Movies and refreshments sponsored by:



MAR 2 THE TILLMAN STORY

(Rated R) Pat Tillman's family comes forward to tell the real story about what happened on April 22, 2004, in Afghanistan when the pro football player-turned-U.S. soldier was killed by friendly fire and not the Taliban, as first reported, starring Pat Tillman and Donald Rumsfeld. 1hr 35mins.

MAR 9 THE BRIDGES AT TOKO-RI

(Rated PG-13) When he's called back into service during the Korean War, a naval reserve officer leaves his wife and children behind and puts his life on the line to bomb five bridges that are vitally important to the enemy, starring William Holden and Grace Kelly. 1hr 43mins.

MAR 16 MAN FROM U.N.C.L.E.

(Rated PG-13) With both their countries threatened by a powerful global crime cartel, the CIA's Napoleon Solo and KGB operative Illya Kuryakin must work together in this Cold War thriller inspired by the classic 1960s TV series, starring Henry Cavill and Armie Hammer. 1hr 56mins.

MAR 23 90 MINUTES IN HEAVEN

(Rated PG-13) Pronounced dead after a horrendous auto accident, Pastor Don Piper unaccountably comes back to life 90 minutes later, contending that he went to heaven. But his return to the land of the living brings enormous physical and spiritual challenges, starring Hayden Christensen and Kate Bosworth. 2hrs 2mins.

MAR 30 NO MOVIE RUMMAGE SALE

APR 6 THE MARTIAN

(Rated PG-13) Abandoned on the surface of Mars after his crew concludes that he perished in a dust storm, astronaut Mark Watney must find a way to survive the planet's harsh environment -- despite having only 28 days of supplies left, starring Matt Damon. 2hr 10mins.

APR 13 EVEREST

(Rated PG-13) Based on a true-life tale of death and survival on the world's tallest mountain, this epic adventure tracks the fate of two climbing parties that become trapped when a savage snowstorm engulfs the summit of Mount Everest starring Josh Brolin. 2hrs.

APR 20 WOODLAWN

(Rated PG) Set in the 1970s, this inspirational drama centers on high school football player Tony Nathan, who -- despite being African-American -- becomes a hometown hero in the racially divided city of Birmingham, Ala, starring Sean Astin. 2hrs.

APR 27 BRIDGE OF SPIES

(Rated PG-13) At the height of the Cold War in 1960, the downing of an American spy plane and the pilot's subsequent capture by the Soviets draws Brooklyn attorney James Donovan into the middle of an intense effort to secure the aviator's release, starring Tom Hanks. 2hrs.



Monday Social Dinners

2nd Monday of Each Month: 4:45-5:30 p.m.

Join us once a month for a delicious dinner. Leave the cooking to us and support the Wellness Team. Why not bring the whole family? All ages are welcome. To aid in planning, please pre-register by calling or stopping by the front desk. Cost is \$7 per person.

Monday, March 14: # 50533

Beef stew, biscuits, Caesar salad and chocolate chip mint ice cream.

Monday, April 11: #50534

Ham, au gratin potatoes, mixed vegetables, pineapple upside down cake.

Cribbage

NEW



Wednesday 9:30-11:30 am
Thursday 5:30-9 pm

FREE EVENING ACTIVITIES

The Auburn Senior Activity Center is open for evening hours Monday– Thursday from 5–9 pm. Please join us for an evening of fun activities, play pool, use the computer, or simply relax and read a book by the fire.

50+: Navigating the Road Speaker Series

2nd Tuesday of Month 7-8:30p

Computer Lab

Open for drop-in use
Mondays: 5-9:00 p.m.
Tuesdays: 5-9:00 p.m.
Wednesdays: 5-9:00 p.m.

Cribbage

Thursday: 5:30-9 p.m.

Mexican Train Dominoes*

Tuesdays: 5:30-9 p.m.
Wednesdays: 5:30-9 p.m.

Free Movies*

Wednesday: 4:30 p.m.

Pinochle Parties*

Mondays: 5:45-9 p.m.

Pool

Open for drop-in play
Tue- Thu: 5-9 p.m.

Pool Tournaments

Mondays: Straight Pool 6-9 pm
(sign up in the Pool Room by 5:45 p.m.)
Tuesdays: Ladies Pool 6-9 pm
(sign up in the Pool Room by 5:45 p.m.)

** Please see calendar for dates that are unavailable.*

Food and meals



Weekday Lunch Program

The Auburn Senior Activity Center hosts a weekday lunch program on site that is operated and managed by Catholic Community Services. Chef Peggy serves delicious, cooked from scratch, balanced meals in a welcoming dining room setting. All meals meet one-third recommended daily allowance for persons 60 years of age and older. Lunch is held Monday-Friday.

11:00 am - Registration Table Opens
11:30 am - Salad Bar Opens
12 noon - Entrée Served

Menu & Prices:

Entrée of the day:

\$3 suggested donation age 60 or over
\$6 under age 60

Salad Bar:*

Small side salad is included with your entrée
\$1 for a salad bowl
\$3 for a lunch plate-Entrée salad
* Single trip through.

All options include milk and coffee

Eat at the Center often? Age 60 or over?
Take advantage of a pre-purchase punch card!
5 meals: \$15 suggested donation
10 meals: \$30 suggested donation
20 meals: \$60 suggestion donation

The salad bar is supported by the City of Auburn Human Services, Canterbury House and Mike and Sharon Schooley. Personal donations are always accepted.



Coffee Bar

Coffee, tea, hot chocolate and spiced cider.

Suggested Donation:

.50 per cup
.75 per mug
\$1.00 per large travel mug
.75 bottled Water

Punch cards are available - 10 punches for \$5. Purchasers receive a free cup of preferred beverage for each punch card filled. While on duty, baristas punch cards for each cup. The Honor System is in effect for cash or punch cards during self-serve hours. Mini-Punch cards are available for those wanting to give or use single to 5-cup punch cards.

Assorted snacks available for \$1.

Meals on Wheels

Eligibility: 60 and over, and homebound (most days)

Cost: Suggested donation of \$3 per meal

Delivery: Weekly on Friday mornings
Seven frozen meals per order for delivery.

Nutrition Supplements

(Variety of Ensure® products)

Eligibility: 60 and over and homebound (most days).

The cost varies by product. We deliver weekly on Friday.

For details and/or applications, call Matt at 253-931-3016. Pierce County call 253-474-1200. or go directly to Senior Services at www.seniorservices.org/foodassistance/ MealsonWheels to submit an application on line.



Senior Savers Pantry

Well, it has been two months since you made all those New Year Resolutions. How is it going for you? Have you met your goals? Have you read more, cleaned out your closets and gotten more exercise and feeling healthier? We all have good intentions, but alas, it is easy to fall back into old habits. At our age it is not easy to maintain a new life style. One thing you can do is add a little spice to your life! Adding spices to your daily menu have been found to have many healthy benefits including increased energy. Also spices are calorie free! We have a large variety of wonderful spices in our Pantry. They are packaged in small quantities and very affordable. Here are a few of the spices and their benefits to you:

CAYENNE-lowers blood pressure improves digestion and relieves nausea and gas.

TURMERIC- prevents weight gain and is known to protect and heal virtually every organ in the human body.

CURRY-controls diabetes and treats heart disease, infection and prevents cell damage (which causes disease and aging)

OREGANO-a natural protector against infections

THYME-a natural antiseptic, it kills germs, calms cough and is known to add in the prevention of tooth decay.

CINNAMON-helps balance blood sugar and increases good cholesterol.

GINGER-a natural digestive aid. It relieves nausea, vomiting, eases discomfort from gas and bloating. It also is the main ingredient in motion sickness medications.

This is the perfect time of year to add some spice to your life! Come see all of the spices we have in our pantry! And try something new today!

Thursday, March 3, 9am-1 pm

Friday, March 4, 9am-12 noon

Thursday, April 7, 9am- 1 pm

Friday, April 8, 9am- 12 noon

Thursday, May 5, 9am-1 pm

Friday, May 6, 9am-12 noon

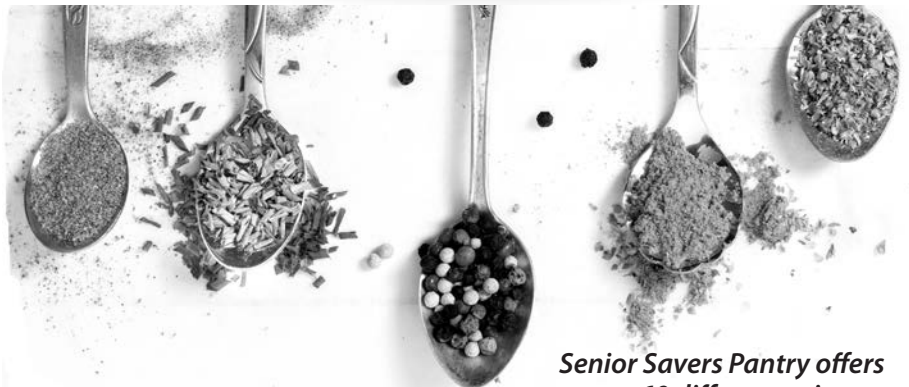
Making a Pasta Dish?

Here is a recipe to make your own salt free Italian Seasoning. This can be used on a variety of meat, in soups and sauces and makes a great salad dressing.

ITALIAN SEASONING

- 3 Tbls dried basil
- 3 Tbls dried oregano
- 3 Tbls dried parsley
- 1 Tbls garlic powder
- 1 tsp onion powder
- 1 tsp dried thyme
- 1 tsp dried rosemary
- ¼ tsp black pepper
- ¼ tsp red pepper flakes

Combine all spices and keep in a container with a tight lid. Shake well before using.



Senior Savers Pantry offers over 60 different spices.

Volunteers

Senior Center Advisory Council

The Senior Center Advisory Council is a diverse group of Center participants who meet with staff monthly to brainstorm ideas on center operations and services, review Wishing Well suggestions, brainstorm solutions to problems, etc. Current minutes and Wishing Well suggestions are posted on the Advisory Council Bulletin Board. Check it out. Meetings are the third Tuesday of each month at 10:00 a.m. All are welcome. *Interested in serving on the council? See Radine.

Tuesday, March 15 at 10 a.m.

Tuesday, April 19 at 10 a.m.

Volunteer News

Birthday Treat for volunteers!

If you volunteered at least five hours at the Senior Activity Center the month prior to your birthday, you will receive a complimentary, regular lunch certificate through the mail. Have we missed you or a friend? Let Radine know. You may use your certificate for the birthday celebration or for any lunch during the month of your birthday.



Volunteer Opportunities

Below are some of the current volunteer needs at the Auburn Senior Activity Center. Where might your time and talents fit? Stop by or call for an appointment with Radine to learn more.

Respite/Adult Day Care:

Fridays, 10 a.m. – 3 p.m.

Assists staff in providing companionship, activity support and assistance to participants and families.

Noon Meals: Weekdays, 10 a.m. – 2 p.m.

Many different opportunities including but not limited to dining room set-up, lunch registration, meal preps, salad bar prep, dishes, clean up

Senior Savers Pantry: 1st W-F, monthly, 9 a.m. – 1 p.m.

Package, divide, set up and sell food.

Meals on Wheels: Days and times vary according to duties

Options: Prepare and pack meals, deliver meals to participants.

Barista: Weekdays, 8:30 a.m. – 12 p.m. or 12-3 p.m.

Make and serve coffee and other beverages. Visit with customers.



Host/Hostess: Weekdays, 9 am – 12 p.m. or 12-3 p.m.

Greet participants, get people to register, give directions and center tours.

Rummage Sale Volunteers:

Volunteers needed for sorting, pricing, cashiering, bagging and donation pick-up. Sign up at the front desk.

March 29th – April 2nd

Health and wellness

Wellness Team

Wellness Team Meetings

The Auburn Senior Wellness Team supports the Senior Activity Center by providing a monthly social dinner, offering an annual wellness fair, and by volunteering at a variety of community special events. They meet once a month on the first Tuesday at 9:30am. See Rocky for more information.

Foot Care

Foot Care provided by Karen's Foot Care

A licensed Nail Care Technician, Karen Poppleton has provided foot care at the Center for over 10 years. You must bring a towel to the appointment. You can make a foot care appointment up to four months in advance. Call the Center to book an appointment or book your next appointment with your nail care technician at the time of service. Do you need a scholarship for foot care? Ask your foot care provider.

Mondays: By Appointment Only

Call 253-931-3016

Fee: \$27

Blood Pressure Screenings

Cantebury House offers free blood pressure checks at the Senior Center each month.

Monday, March 28, 11 a.m.- 12 p.m.

Monday, April 25, 11 a.m.-12 p.m.



Massage

Leslee Jo provides therapeutic massage by appointment at the Auburn Senior Activity Center. She has 25 years of experience as a Massage Therapist. Experience the benefits that therapeutic massage has to offer. Massage is proven to improve your overall health and may decrease chronic pain. Appointments for the next four months can be made at the front desk.

Tuesdays: By Appointment Only

Fridays: By Appointment Only

Fee: \$20 for 15 min., \$33 for 30 min. and \$53 for 60 min.

Dental Services

Taking good care of your teeth and gums is important for your mouth, your overall health and self esteem. Darcy Spencer-Wenger, a dental hygienist, from *Healthy Smiles* is at the Center the 3rd Thursday and Friday of each month to offer her services. Services include: full scale teeth cleaning, cleaning of dentures and partials, application of fluoride varnish, assessing oral health, measuring the gum pockets, oral hygiene instruction, and referrals to local dentists and specialists. Please call for an appointment. You must be over age 50 to use this service.

Thursday, March 17 & 18

Thursday, April 21 & 22

By Appointment Only

Fee: \$79

Health services include foot care, seasonal flu shots, blood pressure screenings, massage, dental services, and more.

Support services for seniors

Auburn Respite Care Program

This is an adult day care that meets every Friday from 10 a.m. - 3 p.m. at the Auburn Senior Activity Center. Caregivers are able to bring family members with Alzheimer's, Parkinson's, stroke or frail health for a day of socialization, companionship, music, activities and lunch. Volunteers at the program provide one-on-one care for the seniors participating in the program.

For those seniors who are unable to utilize the senior center on their own and have special needs, the Respite Program may be just what you're looking for. Call Sheila Pankratz at 253-229-7510 for more information. There is a nominal fee, which may be negotiated upon request. We're always looking for new volunteers too.

Free Tickets

The Senior Center has free tickets to the Woodland Park Zoo and the Seattle Aquarium. Stop by the front desk to pick up tickets. Tickets are for seniors only.

Senior Utility Discount & Rebate Program

The City of Auburn offers reduced utility rates or an annual rebate to seniors 62 years of age or older and permanently disabled persons based on income.

Residents who have a utility account with the City of Auburn can apply for the Utility Discount Program any time throughout the year, but must re-apply during the month of May each year with the previous year's household income information.

Residents who live in an apartment or mobile home park, have the lease in their name, and are charged for utilities (water, sewer, storm and/or garbage) through a property management or landlord can apply for the Utility Rebate Program during the month of May each year.

Utility Discount & Rebate Program guidelines, application instructions, and application forms can be found on the City's website at www.auburnwa.gov/utilities. Forms are also available at the City of Auburn Utilities Customer Service counter, 1 East Main Street, 2nd floor during business hours. For questions please call 253-931-3038.

Loan Closet & Library

Need a walker, cane, wheelchair, bath chair or crutches for a short time? Check at the Senior Center; we have some to lend.

The Senior Center also offers books and dvds for loan to seniors and always appreciates book and movie donations.



Community Support Groups

Alzheimer's Association Support Group

Caring for someone with memory loss? Alzheimer's Association caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. A free information and support group for unpaid care partners, family members and friends is held on the 1st Tuesday of each month from 12-1:30 pm at Church of the Nazarene, 1225 - 29th ST SE, Room 15, Auburn WA, 98002. For more information, contact the group facilitator, Val Brustad at 253-854-7658.

1st Tuesday of each month from 12-1:30 p.m.

Caregiver Support Group

Providing resources, education and support to family members and caregivers of those suffering from dementia and other illnesses.

Location: Multicare Auburn Medical Center, Cascade 1 Conference Room
Call 253-545-2894.

Free and open to the Community!

2nd Thursday of each month from 6:30-8:00 p.m.

Senior Support Services

Senior Support Services: help when you need it

Give us a call regarding senior needs, the Center serves as a key information and referral site for seniors. We offer many support services, including information on subjects such as social security; wills; health insurance; and tax counseling. We also maintain a loan closet for lending medical equipment to those in need.

Community Living Connections

Linking Seniors and Disabled to Personalized Care & Support Services.

Adults dealing with aging or disability issues now have easier access to services and information. Community Living Connections staff are highly trained and skilled at finding people the right kind of help, where and when they need it. 206-962-8467; 1-844-348-5464

Need help but don't know where to turn?

Dial 2-1-1 to be connected with the most comprehensive information on health and human services available to King County residents. 211's Information and Referral Specialists are experts in understanding the eligibility requirements of many human service systems. They are experts on food, shelter, housing, rent and utility assistance, legal assistance, financial assistance, governmental assistance programs, health care, employment, education and family support programs. Whatever your questions, call us so they can help.

Veteran Services

The Veterans of Foreign Wars provide a service officer on site at Auburn Senior Activity Center to assist eligible veterans, and surviving spouses/family members in applying for Federal Veterans Administration benefits. This includes service-connected disability benefits, surviving spouse benefits, burial benefits and Aid and Attendance Benefits for the disabled and elderly. To schedule an appointment contact Cindy Kartes, VFW, at 253.205.5883.

HYDE SHUTTLE

The Hyde Shuttle is a free neighborhood van service for seniors age 50 and older and /or people with disabilities living in Auburn. You can ride anywhere within the city limits. Sign up by phone, no forms to fill out, lift-equipped vehicles, call up to 30 days in advance, donations welcome. Call 206 727 6262 to make your reservation.

WELCOME HOME

King County residents recently discharged from a hospital or other inpatient facility are eligible to receive 10 home delivered meals within 24 hours from discharge. This service is free to those who qualify. Call 206-957-1686 to apply.

Senior Rights Assistance Program - Estate Planning Information

Diana Paris, SRA volunteer, is trained to provide guidance and information in the following areas: wills, power of attorney, living will, living trust, community property agreements, and/or probate. Call for an appointment, available once a month, on the third Wednesday.

Wednesday, March 16

Wednesday, April 20

Statewide Health Insurance Benefits Advisors (SHIBA)

Chuck Wright, trained SHIBA volunteer, provides guidance and information in the following areas: Medicare, Medicaid, long term care insurance, and group insurance. Call for an appointment, available once a month.

Thursday, March 10

Thursday, April 14

HOPELINK'S GETTING AROUND PUGET SOUND (GAPS)

It is a free service which connects King County residents with the most current information about travel options available to them which includes trip planning, application process for RRFs (for seniors and people with disabilities) and covers King County Metro, Sound Transit and Link rail services as well as other free transportation services available to them in King County.

Third Wednesday's 10a-12p Free

King County Metro-Orca Card

If you are 65 years or older, you can receive your Regional Reduced Fare Permit as part of your Orca card for \$3 at Auburn Senior Activity Center. If you are under the age of 65 you can purchase an Orca Card when Metro is present at the Center. King County Metro is typically at the Center on the third Wednesday of the odd numbered months from 9:30-10:30am. Orca Cards can be reloaded here at the Senior Center when the Orca representatives are present or anytime at the Auburn Safeway. Please call the Senior Activity Center to confirm the date.

March 16, 9:30-10:30 a.m



Our brochure is available to be mailed for annual fee of \$12. Please call or stop by the front desk if you would like to have it mailed to you.

General information



Mayor
Nancy Backus

City Council

Largo Wales, Deputy Mayor
Bob Baggett
Claude DaCorsi
John Holman
Bill Peloza
Yolanda Trout
Rich Wagner

Park & Recreation Board

Richard Artura
Joe Bauman
Greg Dobbs
David Domenowske
Vicki Gilthvedt
Michael Hassen

2015-2016 Senior Center Advisory Council

Ann Bayless
Freda Bingham
Robert Carney
Rosie Carolan
Florence Clark
Ethel Craven-Sweet
Bruce Kolsky
Rick Konkler
Sandre Maxwell
Bill Morchin
Charlee Olim
Amy Pethram
Margaret Pullar
John Rambur
Dee Taylor
Leonard Timmons

Parks, Arts & Recreation Department

Daryl Faber, Director

Auburn Senior Activity Center Staff

Radine Lozier

Senior Center Supervisor

Rocky Kirwin

Recreation Coordinator

Matt Davis

Recreation Specialist

Janet Koch

Office Assistant

Peggy Strain

Nutrition Site Manager
Catholic Community Services

Useful Phone Numbers

Auburn Senior Activity Center253-931-3016

Auburn City Hall.....253-931-3000

Auburn Golf Course.....253-833-2350

Auburn Food Bank.....253-804-5696

Auburn Housing Repair.....253-931-3090

Auburn Library.....253-931-3018

Auburn Parks, Arts & Recreation.....253-931-3043

Auburn Police (Non-emergency).....253-288-2121

Auburn Valley Humane Society.....253- 249-7849

Non -Emergency Animal Control253-931-3062

Basic Cable Service Discount 253-931-4753 x2

Community Living Connections

King County 206 962-8467

Toll Free 1-844-348-5464

Energy Assistance..... 1-800-348-7144

Free Legal Services.....206-267-7070

Property Tax Deferral Program206-296-3920

Social Security 1-800-772-1213

Transportation

Access.....206-205-5000

Hyde Shuttle.....206-727-6262

King County Metro206-553-3000

Volunteer Transportation206-448-5740

Volunteer Chore Services 1-888-649-6850

White River Valley Museum253-288-7433



Follow the Auburn Senior Activity Center on **FACEBOOK** to keep up to date on all of the Center happenings.

Auburn Senior Activity Center
808 9th St SE, Auburn, WA 98002
253-931-3016
www.auburnwa.gov/seniors

Registration info.

4 FOUR WAYS TO REGISTER



Online You're First in Line

Online Registration: Fast, Convenient and No Extra Fees
www.auburnwa.gov/play

Please Note

Payment must be made when registering on-line, in person, by telephone, or by mail.

First Day of the "New Brochure Month" Registration Procedures:

- Walk-in, online and telephone registrations begin at 8:30 a.m. (number distribution begins at 8 a.m.)
- You may register yourself and two others for any activity, class, trip, special event, etc.
- The number system will be used for all walk-in and telephone registrations.
- Walk-in registrants may leave a completed form with attached number and check or credit card information or they may wait until their numbers are called and pay with cash as well.
- Telephone registrations will be assigned a number in the order in which the call is received beginning at 8:30 a.m.
- Registrants need to be patient; the number of registrations is heavy on the first registration day of the month in which the bi-monthly brochure is released.
- Mail In registrations will be processed after noon on the first working day of the registration month or the day received thereafter.

Refund/Credit Policies for Trips and Classes:

Following are summaries of refund/credit policies adopted by the Park Board. These policies will be in effect when participants cancel trips, hikes or classes. See Senior Center Supervisor with questions.

*For activities with a fee of **more** than \$5, a \$5 administrative fee will be charged if the person wants a refund check sent to him/her. For activities with a fee of **less** than \$5, credit will be placed on the individual's account for use toward the cost of a future activity. There will be no administrative fee charged for credits left on account or for credits transferred to another activity.

*Cancellations for any fee program must be made at least three (3) business days prior to the start of the program.

*Refund requests made after the activity has begun, due to illness or injury, must be made in writing and may be granted on a prorated basis when possible. Senior Center Supervisor must approve requests.

*If a participant is not satisfied with a class scheduled to meet four (4) times or more, he/she may, in writing, identify his/her concerns and request one of the following:

Repeat class at no additional cost.

Receive credit that may be applied to another activity.

Receive a refund with no administrative charge.

The written request must be received before the third scheduled session of the activity and must be approved by Senior Center Supervisor. This policy applies to programs except trips and tours, outdoor programs and all adult and youth team sports leagues.

1.



ONLINE:

Auburn at Play

On-Line visit

www.auburnwa.gov/seniors for 24-hour convenience to register with VISA/MasterCard.

2.

WALK IN:

Walk in registrations will be processed Monday through Friday, 8 a.m.-5 p.m. at the Senior Activity Center except on the first working day of the month. On the first working day of the month, we start assigning numbers on site at 8 a.m. See procedures at left.

3.



PHONE IN:

Telephone registration and sign-up for services will be accepted Monday through Friday, 8 a.m.-5 p.m.

253-931-3016

4.



MAIL IN:

Registrations will be processed after noon on the first working day of the registration month or the day received thereafter.

AUBURN SENIOR ACTIVITY CENTER REGISTRATION FORM



Participant Last Name		First Name	
Spouse Last Name (if applicable)		First Name	
Address		City	Zip
Home Phone (include area code)		Cell Phone (include area code)	
Email Address			
Participant Birthdate (MM/DD/YYYY)	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	Spouse Birthdate (MM/DD/YYYY)	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female

ACTIVITY NAME & PARTICIPANT NAME	BARCODE NO.	ACTIVITY FEE
1.		
2.		
3.		
4.		
5.		
6.		
7.		

PAYMENT INFORMATION		PAYMENT TYPE: <input type="checkbox"/> CHECK/CASH <input type="checkbox"/> VISA <input type="checkbox"/> MASTERCARD <input type="checkbox"/> AMERICAN EXPRESS <input type="checkbox"/> DISCOVER	
NAME ON CARD		TOTAL DUE \$	
CARD NO.	3-DIGIT SECURITY CODE	EXP. DATE (MM/YY)	

Over 18 Participant Signature required –
 I am eighteen years of age or older, fully competent and I desire to participate in the City of Auburn's sponsored recreation activity of the above named activity(ies). I am fully aware of the fact that there are special dangers and risks inherent in this activity, including, but not limited to, the risk of serious physical injury, death or other harmful consequences that may arise or result directly or indirectly to me from my participation in this activity. Being fully informed as to these risks and in consideration of my being allowed to participate in the City of Auburn's sponsored activities and/or use of facilities, I hereby assume all risk of injury, damage and harm to myself arising from such activities or use. I also hereby individually and on behalf of my heirs, executors and assigns, release and hold the City of Auburn, its officials, employees, volunteers and agents harmless, and waive any right of recovery that I might have to bring a claim or a lawsuit against them for any personal injury, death or other consequences occurring to me arising out of my voluntary participation in this activity. I grant the City of Auburn the right and permission to use or copyright, and re-use, publish, or re-publish photographic pictures, video, electronic images or other reproduction taken during classes for publicity purposes by the Auburn Parks, Arts & Recreation Department.

Signature	Date
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Coffee HOURS

WITH THE
**Mayor &
Councilmembers**

**Thursdays from
10-11 a.m.**

**This is your opportunity
to speak directly to
your elected officials on
any subject. Coffee and
cookies will be served.**

City of Auburn Mayor & Councilmembers



Mayor
Nancy
Backus



Deputy
Mayor
Largo
Wales



Bob
Baggett



Claude
DaCorsi



John
Holman



Bill
Peloza



Yolanda
Trout



Rich
Wagner

JANUARY 14	Largo Wales & Claude DaCorsi
FEBRUARY 11	John Holman & Yolanda Trout
MARCH 10	Bill Peloza & Rich Wagner
APRIL 14	Mayor Nancy Backus & Bob Baggett
MAY 12	Yolanda Trout & Largo Wales
JUNE 9	John Holman & Claude DaCorsi
JULY 14	Bob Baggett & Bill Peloza
AUGUST 11	Mayor Nancy Backus & Largo Wales
SEPTEMBER 8	Yolanda Trout & Rich Wagner
OCTOBER 13	Claude DaCorsi & Bob Baggett
NOVEMBER 10	Mayor Nancy Backus & John Holman
DECEMBER 8	Largo Wales & Bill Peloza

9-Day Hawaiian Tour

2-Days in Honolulu

7-Day Cruise aboard NCL Pride of America

OCTOBER 27-NOVEMBER 5, 2016

Enjoy Island time during the days
and cruising at night

Freestyle cruising

Roundtrip airfare on Alaska Airlines

Pricing based on double occupancy

Inside Stateroom\$2890

Obstructed Ocean View Stateroom\$3190

Balcony\$3720

Unobstructed Ocean View Stateroom,
price quoted on request.

Price includes all transfers, all taxes and fees.

Gratuities of \$90.65 for cruise will be due at the
end of the cruise.

Deposit due on the day of registration

\$575, balance due by June 22, 2016

Insurance per person

\$179 for Inside or Obstructed View

\$229 for Balcony or Unobstructed View



*Offered by Pleasant Holidays and
Triple AAA of Bellevue*

**Travel Presentation
March 10, 1:30pm**



AUBURN
MORE THAN YOU IMAGINED

**AUBURN SENIOR
ACTIVITY CENTER
253-931-3016**